#### **Objectives:**

- Students will become more familiar with milk and foods made with milk, often called dairy products.
- Students will be able to name at least three different foods rich in calcium

#### **Materials Needed:**

- D-A-I-R-Y bingo cards, 1 per student
- Pens

Introduction: MyPlate encourages children ages nine and older to consume three cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and low-fat cheese. These foods are commonly referred to as dairy products, and the MyPlate food group name is Dairy.

#### **Activity:**

- 1. Begin the lesson by having students brainstorm a list of dairy foods that contain calcium. This will allow a variety of choices and will be used in the Apply activity at the end. A list of at least 20 foods will need to be listed for a 4 x 5 D-A-I-R-Y card. Here are some samples (American cheese, cheddar chees, cottage cheese, mozzarella cheese, muenster cheese, chocolate milk, strawberry-flavored milk, low-fat ice cream, pudding, white milk, frozen yogurt, drinkable yogurt, squeezable yogurt, string cheese, Swiss cheese, Parmesan cheese, Monterey Jack cheese, fruit smoothies, yogurt parfait, cheese pizza)
- Have students use words from the board and write each word in its own square, wherever they choose, on their D-A-I-R-Y bingo card until the card is full.
- 3. Write each food from the board on a small piece of paper. Fold and place in a basket.
- 4. Explain the rules of the game to students. Just like bingo, students must fill their cards in a row diagonally, vertically or horizontally. The middle space should be labeled as a "free" spot.

- Draw from a basket the dairy foods on the list and call out the food. Students with that food can mark off their square with an X.
- After each student gets D-A-I-R-Y bingo (time permitting), have each student read the calciumrich products.

### Apply:

- Using the foods on each student's D-A-I-R-Y bingo card, ask them to list which foods are calcium-rich, healthy anytime "Power Panther" choices and which choices are okay to have in moderation, those that "Slurp" might choose.
  - a. Sample Power Panther choices (calcium-rich, anytime foods): low-fat white milk, low-fat yogurt, fruit smoothies, yogurt parfait and low-fat cheese.
  - Sample Slurp choices (sometimes foods that also contain calcium): low-fat chocolate milk, low-fat strawberry milk, low-fat ice cream, pudding and frozen yogurt.
- 2. Ask students to highlight the calcium-rich foods on the D-A-I-R-Y bingo cards that they have already had today or will have later today. Ask students if they have already reached their 3 Every-Day® of milk or milk products goal. Explain that older students (age nine and over) need at least three cups of milk or dairy products every day, while younger students, age eight and younger, need at least two and a half cups of milk or dairy products everyday. If they have not, ask them how they plan to get their 3 Every-Day® of Dairy to maintain a balanced calcium-rich diet.



Continued on back

### **Activity Extension:**

#### Math:

Option #1 - Divide students into groups of four. Have each group pick four dairy products and survey the class on which product is their favorite. Then in each group, have students compile a pictograph or bar graph and share their results. Hang graphs in the hall for all to see.

Option #2 – Make a class graph together on students' favorite milk products.

Social Studies: Have students research recipes for foods with low-fat cheese from different countries. Make a low-fat cheese recipe collection.

Art: Share the recipes with students' families by making a class "Foods with low-fat Cheese" recipe book.

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	PUDDING			YOGURT PARFAIT
1% or LOW-FAT STRAWBERRY FLAVORED MILK		LOW-FAT AMERICAN CHEESE		SQUEEZABLE YOGURT
LOW-FAT MUENSTER CHEESE		FREE	DRINKABLE YOGURT	
	LOW-FAT STRING CHEESE			LOW-FAT COTTAGE CHEESE
CHEESE PIZZA		FRUIT SMOOTHIES	LOW-FAT CHEDDAR CHEESE	

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	LOW-FAT AMERICAN CHEESE		SQUEEZABLE YOGURT	CHEESE PIZZA
FRUIT SMOOTHIES		PUDDING		
	LOW-FAT CHEDDAR CHEESE	FREE		LOW-FAT MUENSTER CHEESE
	LOW-FAT COTTAGE CHEESE		DRINKABLE YOGURT	
1% or LOW-FAT STRAWBERRY FLAVORED MILK		LOW-FAT STRING CHEESE		YOGURT PARFAIT

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DRINKABLE YOGURT			LOW-FAT STRING CHEESE	
CHEESE PIZZA		LOW-FAT COTTAGE CHEESE		YOGURT PARFAIT
	SQUEEZABLE YOGURT	FREE	FRUIT SMOOTHIES	
LOW-FAT MUENSTER CHEESE		PUDDING		LOW-FAT CHEDDAR CHEESE
	LOW-FAT AMERICAN CHEESE		1% or LOW-FAT STRAWBERRY FLAVORED MILK	